

At Louvain-la-Neuve - 180 credits - 3 years - Day schedule - In French

Dissertation/Graduation Project : **NO** - Internship : **YES**

Activities in English: **YES** - Activities in other languages : **NO**

Activities on other sites : **NO**

EDPH1BA - Introduction

Introduction

EDPH1BA - Teaching profile

Learning outcomes

Supplying expert responses to the enormous needs of our society in terms of movement - such is the challenge that the student of Physical Education prepares to take on in the practice of this profession. The objective in studying Physical Education (EDPH), as offered at the Institute of Physical Education and Rehabilitation (IEPR), is thus to become an expert in movement, capable of optimising the motor potential in man and his health.

The EDPH expert :

- masters the characteristics of movement and its effects for educative purposes
- is well acquainted with the target groups, particularly in terms of age and motor, physiological, psychological and sociological characteristics.

He is capable of organising, communicating and mobilising his knowledge and skills appropriately. He is open to evaluating his methods and techniques rigorously and to updating them on a regular basis.

On successful completion of this programme, each student is able to :

1. utiliser de manière critique des savoirs et des savoir-faire (méthodologiques, techniques, et pratiques), issus de manuels et de publications scientifiques (notamment en anglais) validés dans ces domaines qui relèvent du domaine de la motricité sportive, expressive, sécuritaire, de la santé (bien-être).

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2. identifier, analyser et mettre en pratique les processus de l'intervention dans des situations proches du contexte professionnel mais délimitées et fictives.

en la concevant, en la réalisant et en l'évaluant dans des situations proches du contexte professionnel mais délimitées et fictives (ex : préparer, observer, analyser, donner et évaluer une leçon à ses camarades, ...).

3. adapter sa communication aux objectifs d'intervention, aux caractéristiques des interlocuteurs (principalement ses pairs et les enseignants) et du contexte, généralement fictif.

3.1. Expliquer et argumenter ses avis et ses points de vue à ses interlocuteurs.

3.2. Dialoguer de façon efficace et adaptée avec ses interlocuteurs, en faisant preuve de capacité d'écoute et d'assertivité.

3.3. Utiliser efficacement différentes techniques et divers outils de communication (supports visuels, présentation, langages verbal et corporel, ...).

4. travailler seul et en équipe pour atteindre les objectifs fixés et produire des résultats positifs dans le contexte des activités physiques et sportives.

4.1. Décoder et améliorer, le cas échéant, sa position dans un groupe, ses rôles, ses modes d'animation, y compris ses dynamiques émotionnelles.

4.2. Animer efficacement un groupe de pairs, en utilisant des méthodologies et des techniques appropriées.

5. développer son autonomie, sa proactivité dans l'acquisition de nouveaux savoirs et de nouvelles compétences.

5.1. Développer des stratégies pour acquérir, maintenir, mettre à jour ses connaissances et compétences.

5.2. Inscrire sa formation dans le temps, formuler des projets personnels et professionnels.

6. mettre en œuvre une démarche scientifique et technique en se souciant de l'éthique et de la déontologie professionnelle.

6.1. citer et référencer son travail conformément aux standards du monde scientifique,

6.2. s'engager dans le développement des connaissances et de l'intervention en sciences de la motricité, en considérant les aspects sociaux, philosophiques et éthiques.

Programme structure

It is through the study of movement that the Institute of Physical Education and Rehabilitation affirms its specialisation within the University and society.

The two principal programmes of the IEPR are Physical Education and Kinesitherapy and Rehabilitation.

The evolution of these disciplines situates the IEPR in a much wider environment - namely that of Movement Science.

Therefore, at the beginning of their studies in Physical Education, the students share their general training in sciences and a part of that of Movement Science with the students of Kinesitherapy and Rehabilitation. This partial equivalence of the training programme facilitates study re-orientation if so desired.

Studies in Physical Education are based on the mastery of physical activities and of sports disciplines.

This practical training provides a balance with the studies in Movement Science.

The bachelor's course in Physical Education totals 180 credits, divided, for a standard programme, into 3 years of 60 credits. This three year division takes the prerequisites into account and is the standard programme for any student who passes each year of his course.

The 150 credits obtained from the compulsory training programme are completed by 30 credits of personalised studies that the student may choose from among several options.

As from the second year of the bachelor's, the student may therefore opt for any of the following:

- for a collection of options and associated work experience which complements the practical sports training : From audacity in security to climbing - Outdoor Endurance Sports and associated work experience - Nature and physical and sports activities - Racket Sports - Self-defence
- for an ensemble of specific courses in Kinesitherapy and Rehabilitation (this second optional course possibility also makes it easier for the student to envisage obtaining two diplomas - one in Physical Education and one in Kinesitherapy and Rehabilitation)
- for an opening in another subject taught at UCL, by means of a minor proposed by another UCL faculty, on a parallel with the pursuit of the studies in Physical Education.

Principal Subjects

The training delivered during the bachelor's of Physical Education owes its richness and its specific nature to its multiple anchorages. From the very first year of studies on, the standard programme provides the student with specific practical training in Physical Education. This practical training, of around 8 hours per week, is linked to specific theoretical studies (2 hours per week) as well as to studies in the Basic Sciences, shared with the students of Kinesitherapy and Rehabilitation (10 hours per week). The specific nature of the Physical Education programme is thus present right from the outset and is reinforced from the second year on.

Similarly, from the second year of the bachelor's studies on, the standard course offers the student the possibility of options which will enable him to enrichen his training programme.

Scheduled around twenty hours per week, the programme leaves the student with sufficient time for study and personal training.

The bachelor's of Physical Education thus totals 180 credits, divided, for a standard programme, into 3 years of 60 credits. This three year division takes the prerequisites into account and is the standard programme for any student who passes each year of his studies.

Practical methodological training specific to the EDPH :

Physical, sportive and expression activities : Athletics - Dance and expression activities - Fitness - Artistic Gymnastics and acrobatic sports - Games and group sports - Swimming - Physical and sports activity methodologies.

Studies in the Exact, Biomedical and Human Sciences and Movement Science, shared with Kinesitherapy :

Anatomy - Analysis of Movement - Biology - Chemistry - Interpreting and processing data - Mechanics and Bio-mechanics - Neuro-physiology and Neuro-psychology - Philosophy- Physiology - Psychology - Life-saving, Resuscitation and dealing with on-the-spot emergencies (theory and practice).

Studies in Movement Science specific to the EDPH :

Physical and Sportive Activities (APS) among the sciences and human practices - Biomechanics applied to sports - Growth and ageing - Socio-historical, juridical, economic and institutional dimensions of APS - Theory of practising APS - Communication Techniques in Physical Education (theory and practice).

Language training

EDPH1BA Programme

Detailed programme by subject

- Mandatory
- ✘ Optional
- △ Not offered in 2023-2024
- ⊖ Not offered in 2023-2024 but offered the following year
- ⊕ Offered in 2023-2024 but not the following year
- △ ⊕ Not offered in 2023-2024 or the following year
- Activity with requisites
- 🌐 Open to incoming exchange students
- 🚫 Not open to incoming exchange students
- [FR] Teaching language (FR, EN, ES, NL, DE, ...)

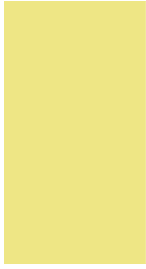
[Click on the course title to see detailed informations \(objectives, methods, evaluation...\)](#)

Year

1 2 3

LEDPH1046

				Year		
				1	2	3
<input checked="" type="radio"/> LEDPH1030	Theoretical basis of sport and physical activity training, and theoretical basis of motor learning 🇺🇸	Dominique De Jaeger (coord.) Robert Hardwick	FR [q1] [45h] [4 Credits] 🌐 > English-friendly		x	
<input checked="" type="radio"/> LEDPH1046	Psychomotor development throughout life 🇺🇸	Cécile Delens	FR [q1] [30h] [3 Credits] 🌐			x



List of available minors

The 150 credits obtained from the compulsory studies are completed by 30 credits from personalised courses that the student selects from among several options.

From the second year of the Bachelor's programme on, the student may therefore opt for any of the following :

- for a collection of options and associated work experience which complements the practical sports training : From audacity in security to climbing - Outdoor Endurance Sports and associated work experience - Nature and physical and sports activities - Racket Sports - Self-defence
- for an ensemble of specific courses in Kinesitherapy and Rehabilitation (this second optional course possibility also makes it easier for the student to envisage obtaining two diplomas - one in Physical Education and one in Kinesitherapy and Rehabilitation)
- for an opening in another subject taught at UCLouvain, through the choice of a minor proposed by another UCLouvain faculty, on parallel with the pursuit of the studies in Physical Education. **Cette parape est répétée! voir ci-dessus.**

- > [Minor in Law \(access\)](#) [en-prog-2023-minadro]
- > [Minor in Antiquity: Egypt, Eastern World, Greece, Rome](#) [en-prog-2023-minanti]
- > [Minor in History of Art and Archeology](#) [en-prog-2023-minarke]
- > [Minor in Chinese studies](#) [en-prog-2023-minchin]
- > [Minor in Information and Communication](#) [en-prog-2023-mincomu]
- > [Minor in Criminology](#) [en-prog-2023-mincrim]
- > [Minor in Culture and Creation](#) [en-prog-2023-mincucree]
- > [Minor in Scientific Culture](#) [en-prog-2023-mincults]
- > [Minor in Development and Environment](#) [en-prog-2023-mindenv]
- > [Minor : Issues of Transition and Sustainable Development \(*\)](#) [en-prog-2023-mindd]
- > [Minor in Economics](#) [en-prog-2023-minecon]
- > [Additional module in Motor skills](#) [en-prog-2023-appedph]
- > [Minor in European Studies](#) [en-prog-2023-mineuro]
- > [Minor in French Studies \(*\)](#) [en-prog-2023-minfran]
- > [Minor in Gender Studies](#) [en-prog-2023-minggenre]
- > [Minor in Mangement \(basic knowledge\)](#) [en-prog-2023-minogest]
- > [Minor in History](#) [en-prog-2023-minhist]
- > [Minor in Human and Social Sciences](#) [en-prog-2023-minhuso]
- > [Minor in Arabic language and Islamic civilization](#) [en-prog-2023-minislam]
- > [Minor in Philosophy](#) [en-prog-2023-minfilo]
- > [Minor in Linguistics](#) [en-prog-2023-minling]
- > [Minor in Literary Studies](#) [en-prog-2023-minlitt]
- > [Minor in Medieval Studies](#) [en-prog-2023-minmedi]
- > [Minor in entrepreneurship \(*\)](#) [en-prog-2023-minmpme]
- > [Minor in Musicology](#) [en-prog-2023-minmusi]
- > [Minor in Law \(openness\)](#) [en-prog-2023-minodroi]
- > [Minor in Economics \(open\)](#) [en-prog-2023-minoeco]
- > [Minor in Oriental Studies](#) [en-prog-2023-minori]
- > [Minor in Sciences of Religions \(openness\)](#) [en-prog-2023-minreli]
- > [Minor in Sociology and Anthropology](#) [en-prog-2023-minsoca]
- > [Minor in Population and Development Studies](#) [en-prog-2023-minsped]
- > [Minor in Political Sciences](#) [en-prog-2023-minspol]
- > [Minor in numerical technologies and society](#) [en-prog-2023-minstic]
- > [Minor in Christian Theology](#) [en-prog-2023-mintheo]
- > [Mineure en statistique et science des données](#) [en-prog-2023-mindata]

(*) This programme is the subject of access criteria

Course prerequisites

The **table** below lists the activities (course units, or CUs) for which there are one or more prerequisites within the programme, i.e. the programme CU for which the learning outcomes must be certified and the corresponding credits awarded by the jury before registering

- LEDPH1029 - Communication, observation and auto-evaluation in physical education
 - LEDPH1021 - Expression
 - LIEPR1022 - Systems Physiology
- LEDPH1042** "Didactique de la natation" has prerequisite(s) LEDPH1029 ET LEDPH1022 ET LIEPR1022
- LEDPH1029 - Communication, observation and auto-evaluation in physical education
 - LEDPH1022 - Swimming 2
 - LIEPR1022 - Systems Physiology
- LEDPH1043** "Didactique de l'athlétisme" has prerequisite(s) LEDPH1029 ET LEDPH1023 ET LIEPR1022
- LEDPH1029 - Communication, observation and auto-evaluation in physical education
 - LEDPH1023 - Athletics 2
 - LIEPR1022 - Systems Physiology
- LEDPH1044** "Didactique des jeux et des sports collectifs" has prerequisite(s) LEDPH1029 ET LEDPH1024 ET LIEPR1022
- LEDPH1029 - Communication, observation and auto-evaluation in physical education
 - LEDPH1024 - Team sports and games
 - LIEPR1022 - Systems Physiology
- LEDPH1045** "Didactique des sports acrobatiques" has prerequisite(s) LEDPH1028 ET LEDPH1029 ET LEDPH1030 ET LEDPH1025
- LEDPH1028 - Sports biomechanics
 - LEDPH1029 - Communication, observation and auto-evaluation in physical education
 - LEDPH1030 - Theoretical basis of sport and physical activity training, and theoretical basis of motor learning
 - LEDPH1025 - Gymnastics and acrobatic sports 2
- LEDPH1046** "Développement psychomoteur tout au long de la vie" has prerequisite(s) LIEPR1003 ET LIEPR1007 ET LEDPH1008 ET LEDPH1030
- LIEPR1003 - Treatment of data
 - LIEPR1007 - Psychology
 - LEDPH1008 - Physical and sports activities amongst human sciences and practices
 - LEDPH1030 - Theoretical basis of sport and physical activity training, and theoretical basis of motor learning
- LEDPH1048** "Regards juridiques, économiques et institutionnels sur les activités physiques et sportives" has prerequisite(s) LEDPH1009
- LEDPH1009 - Fundamental questions about and within sports
- LEDPH1049** "Dimension socio-historique et éthique des activités physiques et sportives" has prerequisite(s) LEDPH1008 ET LEDPH1009 ET LEDPH1030
- LEDPH1008 - Physical and sports activities amongst human sciences and practices
 - LEDPH1009 - Fundamental questions about and within sports
 - LEDPH1030 - Theoretical basis of sport and physical activity training, and theoretical basis of motor learning
- LEDPH1052** "De l'audace en sécurité à l'escalade et stage associé" has prerequisite(s) LEDPH1009 ET LEDPH1002 ET LIEPR1028
- LEDPH1009 - Fundamental questions about and within sports
 - LEDPH1002 - Basement of physical and sports activities
 - LIEPR1028 - Anatomy of the locomotor system and movement analysis
- LEDPH1053** "Nature et activités physiques et sportives et stage associé" has prerequisite(s) LEDPH1009 ET LEDPH1002 ET LIEPR1028
- LEDPH1009 - Fundamental questions about and within sports
 - LEDPH1002 - Basement of physical and sports activities
 - LIEPR1028 - Anatomy of the locomotor system and movement analysis
- LEDPH1222** "Etudiant chercheur 1" has prerequisite(s) LIEPR1002 ET LIEPR1003 ET LIEPR1004 ET LIEPR1012 ET LIEPR1007
- LIEPR1002 - Essentials of systematic and functional anatomy
 - LIEPR1003 - Treatment of data
 - LIEPR1004 - Cell biology and fundamentals in histology
 - LIEPR1012 - Biomechanics
 - LIEPR1007 - Psychology
- LEDPH1322** "Etudiant chercheur 2" has prerequisite(s) LEDPH1222
- LEDPH1222 - Etudiant chercheur 1
- LEDPH1323** "Etudiant moniteur" has prerequisite(s) LEDPH1028 ET LEDPH1029 ET LEDPH1030
- LEDPH1028 - Sports biomechanics
 - LEDPH1029 - Communication, observation and auto-evaluation in physical education
 - LEDPH1030 - Theoretical basis of sport and physical activity training, and theoretical basis of motor learning
- LEDPH9012** "Pratique complémentaire d'une activité physique et sportive 2 (stage)" has prerequisite(s) LEDPH9001
- LEDPH9001 - Pratique complémentaire d'une activité physique et sportive 1
- LEDPH9013** "Pratique complémentaire d'une activité physique et sportive 3 (stage)" has prerequisite(s) LEDPH9012
- LEDPH9012 - Pratique complémentaire d'une activité physique et sportive 2 (stage)
- LIEPR1021** "Physiologie cellulaire" has prerequisite(s) LIEPR1004
- LIEPR1004 - Cell biology and fundamentals in histology
- LIEPR1022** "Physiologie des systèmes" has prerequisite(s) LIEPR1001 ET LIEPR1004
- LIEPR1001 - General chemistry and biomolecules

● LIEPR1012

Biomechanics

Arthur Dewolf

EDPH1BA - 2ND ANNUAL UNIT

- Mandatory
- ⊗ Optional
- △ Not offered in 2023-2024
- ⊖ Not offered in 2023-2024 but offered the following year
- ⊕ Offered in 2023-2024 but not the following year
- △ ⊕ Not offered in 2023-2024 or the following year
- Activity with requisites
- 🌐 Open to incoming exchange students
- 🚫 Not open to incoming exchange students
- (FR) Teaching language (FR, EN, ES, NL, DE, ...)

Click on the course title to see detailed informations (objectives, methods, evaluation...)

o Programme de base**o Formation de base en sciences exactes et biomédicales**



○ LIEPR1021	Cellular physiology ■	Marc Francaux	(FR) [q1] [30h] [3 Credits] 🌐
○ LIEPR1028	Anatomy of the locomotor system and movement analysis	Catherine Behets Wydemans (coord.) Arthur Dewolf	(FR) [q2] [52.5h +7.5h] [7 Credits] 🌐
○ LIEPR1022	Systems Physiology ■	Nicolas Tajeddine	(FR) [q2] [37.5h] [4 Credits] 🌐

o Formation théorique en sciences de la motricité

○ LEDPH1028	Sports biomechanics ■	Dominique De Jaeger (coord.) Arthur Dewolf	(FR) [q1] [30h] [3 Credits] 🌐
○ LEDPH1029	Communication, observation and auto-evaluation in physical education ■	Pierre Van Luchene	(FR) [q1+q2] [15h +30h] [4 Credits] 🌐
○ LEDPH1030	Theoretical basis of sport and physical activity training, and theoretical basis of motor learning ■	Dominique De Jaeger (coord.) Robert Hardwick	(FR) [q1] [45h] [4 Credits] 🌐 > English- friendly

o Formation pratique et méthodologique en éducation physique

○ LEDPH1021	Expression ■	Cécile Delens	(FR) [q1+q2] [0h +30h] [2 Credits] 🌐
○ LEDPH1022	Swimming 2 ■	Marc Francaux	(FR) [q1+q2] [0h +30h] [2 Credits] 🌐
○ LEDPH1023	Athletics 2 ■	Louise Deldicque	(FR) [q1+q2] [0h +30h] [2 Credits] 🌐
○ LEDPH1024	Team sports and games ■	Benoît Vercruyse	(FR) [q1+q2] [0h +60h] [4 Credits] 🌐
○ LEDPH1025	Gymnastics and acrobatic sports 2 ■	Dominique De Jaeger	(FR) [q1+q2] [0h +30h] [2 Credits] 🌐 > English- friendly

○ LEDPH1026	Fitness 	Louise Deldicque	FIT [q1+q2] [0h +30h] [2 Credits] 

EDPH1BA - 3RD ANNUAL UNIT

o Formation en langues

o L'étudiant choisit entre :

✂ LANGL2451	English - communication skills 🇺🇸	Stéphanie Brabant Charline Coduti Philippe Denis Maïté Dupont Claudine Grommersch (coord.) Carlo Lefevre Jean-Paul Nyssen Hila Peer Lutgarde Schrijvers Marine Volpe	EN [q2] [30h] [2 Credits] 🌐
✂ LNEER2451	Dutch communication skills for students in Physiotherapy, Sports and Physical Training 🇳🇱	Katrien De Rycke (coord.)	NL [q2] [30h] [2 Credits] 🌐

o *Minor or additional module*

*L'étudiant choisit une mineure parmi l'ensemble des mineures offertes à l'UCLouvain ou un approfondissement en pratiques sportives à raison de 15 crédits en BAC2 et 15 crédits en BAC3.
Maximum 1 element(s)*

EDPH1BA - Information

Access Requirements

*Decree of 7 November 2013 defining the landscape of higher education and the academic organization of studies.
The admission requirements must be met prior to enrolment in the University.*

- For any secondary school diploma **from a European Union country**, the admission request must contain the equivalence of your

Teaching method

Tout au long de son cursus de bachelier en sciences de la motricité, orientation générale, l'étudiant est confronté à des dispositifs variés: cours magistraux, tutorat, monitorat, travaux pratiques liés aux cours magistraux et cours pratiques dans les domaines de l'éducation physique et des sports.

A côté d'une solide formation en sciences fondamentales enseignée principalement par des cours magistraux, les étudiants sont invités à développer de solides compétences en éducation physique et dans les sports de base, lors de cours théoriques et pratiques.

Evaluation

The evaluation methods comply with the regulations concerning studies and exams (<https://uclouvain.be/fr/decouvrir/rgee.html>). More detailed explanation of the modalities specific to each learning unit are available on their description sheets under the heading "Learning outcomes evaluation method".

In the first year, during the month of November, a compulsory test is organised to enable the students to evaluate to what extent their work corresponds to the expectations of the University programme.

The exams are organised in the form of two main sessions : one in January and the other in June. The September session is for re-sits.

For the theoretical courses, the evaluation is conducted in the form of a written or oral exam, depending on the course, and may be combined and/or replaced by elements of ongoing evaluation.

For the practical training sessions, the evaluation is ongoing and may be completed by a final evaluation. In the case of certain courses, the practical training, oral exams and/or the final exam are equally organised to verify the theoretical knowledge in direct association with the practical know-how.

